

Tips to Help you Remember your Medication

If you take many medications, it might be hard to keep track of them all. There are a lot of things you can do to get organized. You can remind yourself to take them at the right time and in the right amount (dosage).

Some of the following tips might help you.

1. **Try to take your medications at the same time and place every day.** Always check the medication label or ask your doctor if you need to take each medication at a certain time.

2. **Make a list of instructions for all of your medications.** Make a daily or weekly checklist. Keep it somewhere you will see it. Come up with a way that works for you to be able to check off every time you have taken a dose.



3. **Put sticky note reminders to yourself where you will see them.** Regularly replace the sticky note with a new color. After a while, we become used to signs and notes and don't notice them anymore.

4. **Count your pills every day.** If you know how many pills you have left, it will be easier to figure out if you've missed a dose or took it already.

5. **Ask your doctor or pharmacist about using a pill box organizer.** These can help serve as hints. They range from simple pill containers that organize each dose to those that beep when it's time to take your medication.



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6. **Set an alarm.** Set the alarm on your computer, tablet, clock radio, or cell phone to remind you.

7. **Use texts or emails.** Smartphones and other handheld devices can send texts, emails or other reminders to help you keep track of when you need to take your medication. Ask a friend, caregiver, or your cell phone company if you need help using these tools. To set up an email medication reminder, visit Script Your Future Medication Awareness at www.scriptyourfuture.org.



8. **Bring a trusted friend, family member or caregiver along to see your doctor or pharmacist** if you think you need help understanding or remembering instructions.



9. **Mark it on your calendar.** Write the date you are due for your next refill or next appointment on your calendar. You can also put it in the calendar in your cell phone with a reminder attached to it.

10. **Talk to your pharmacist about scheduling medication refills at the same time.** You won't have to go to the pharmacy as many times. Refill all of your prescriptions at a single pharmacy location.

Remember—don't stop or change the way you take any of the medications prescribed to you without talking to your doctor first.



Do you want to know more?

Visit www.mustforseniors.org.

What if I don't have a ride to get my medication?

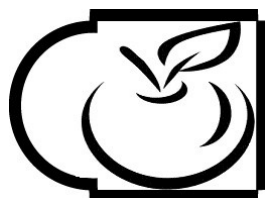


- Genoa pharmacy (found inside the SCCMHA 500 Hancock location) will mail individuals their medications with 2-day delivery at no cost to them.

- Great Lakes Bay Health Center Pharmacy,

1522 Janes, Saginaw, is open to all Great Lakes Bay Health Center patients. They offer free next-day delivery to Saginaw County residents.

- Kroger Pharmacy offers free prescription delivery from all of its Michigan locations.
- Other pharmacies may have mail or home delivery for certain medications. Please contact your pharmacy for more information.



Wellness